Teaching is more than imparting knowledge; it is inspiring change. Learning is more than absorbing facts; it is acquiring understanding.

- William Arthur Ward

As the new academic school year begins, it is easy to become overwhelmed. Practicing mindfulness can help with these feelings. Mindfulness is the human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. Research on mindfulness has identified these benefits: Reduced rumination, stress reduction, boosts to working memory, focus, less emotional reactivity, more cognitive flexibility, relationship satisfaction. Ways to practice mindfulness; [https://www.mindful.org/how-to-practice-mindfulness/](https://www.mindful.org/how-to-practice-mindfulness/)

What is happening at Pittsburgh Public Schools?

Pittsburgh Public Schools officials provided board members with an update on several key matters two weeks into the school year. Included in the update was information on transportation, employee vaccinations, device distribution and quarantines. [Pittsburgh Public Schools officials provide start-of-year updates on key issues](#)
Student Spotlight

Denise Tyler

Dr. Ayieko has nominated Denise Tyler from cohort 1 for her excellent work at Westinghouse Academy. Denise is currently teaching the 7th grade and is doing a phenomenal job. Teaching remotely has been a challenge this past academic year, but Denise has worked admirably with her students and has kept them engaged in the activities. With school being face to face this year, it will be a different, more engaging experience. She hopes to make science more engaging and alive this year.

Important Upcoming Events

- Fellows, don’t forget to Log in your residency hours into VIA.
- **September 21** upcoming Coffee Talk will be face-to-face at the Curriculum Center (Gumberg Library, 5th floor, to the left of the elevator), and then walk over to the tables outside of Mellon Hall for a social hour (food provided).
- **October 19** will be the next Coffee Talk.
- Remember to check the WW program on the Knowledge Sharing Platform Stackoverflow for latest resources and to ask and answer questions.

Office Hour for our mentors is September 30th from 3pm to 4pm.

Virtual Mentor Teacher Workshop is on Oct, 19th 1:15pm to 4:15pm.